



ULTRArace at Marathon des Sables...

There were celebrations not only for the 25th Anniversary running of 'The World's Toughest Footrace' but also for ULTRArace Directors, Jen Salter and Rory Coleman.

Jen became the first runner in the history of the race from Great Britain to win any of the six stages of the race. Her overall time of 31hrs and 38mins earned her a third place overall in the 'Ladies Race' and a special place in Marathon des Sables history.

In completing his seventh MdeS, Rory Coleman finished 242 out of 1014 competitors and says of Jen's race... 'Jen was unstoppable, especially on the long day where she ran past me at 40 miles, after my three hour head-start!'

ULTRArace hopes that Jen's performance will inspire more women to take up Ultra Running and take on the challenge of any race over the 26 mile mark... Come on Ladies, show us what you are made of...



Jen Salter - PER Images

9Bar JOGLE Ultra Live...

The Ultimate Ultra Marathon starts on Friday 30th April. The 12 Runners are ready and willing to undertake the 868 mile journey from John O'Groats to Lands End. Their 15 day progress can be followed on a special [Blog](#), [Twitter](#) and [Facebook](#).

Photos and articles on the runners will be added daily...

ULTRArace desert camp

There is a new event in our calendar which includes running up the biggest sand dune in Europe - 'The Big Dipper'. This event is aimed at people who are taking part in ANY future Desert Marathon or would like to meet up with friends again from past Desert races.

The weekend is self-sufficient and includes talks on kit, navigation and foot-care from top MdeS experts who can really help you with your own preparation.

The event will also give you the opportunity to meet fellow race participants, share your problems, questions, experiences, and maybe start bonding with your future tent mates.

This is also a chance to work out the right kit for you and to try it out in the most realistic of conditions (this is an ideal practice run for your gaiters).

Entries are online [here](#) - this is one not to be missed.

Next Month's Issue...

- Focus on ULTRArace 50/100
 - 9Bar JOGLE Ultra Report
 - New 'ULTRArace' Website Launch
- PLUS news on cityULTRA Nottingham... it's going to be a busy Summer...**

Runner of the month...



Ade Caroën – ULTRArace Images

Ade Caroën... richly deserves the title this month. The 41 year old Brighton-based runner has enjoyed a remarkable transformation during the last 12 months.

Last April Ade weighed in at 17st 3lbs. He is now a much leaner 14st 12lbs having successfully completed the Marathon des Sables.

Using 'ULTRArace 45' and 'The London Ultra' as focal training events, he trained on the South Downs most days to prepare for Morocco.

On finishing the MdeS, Ade said 'I still can't believe I did it. My wife Sam has to double-take when she looks at me.

Well done Ade!

More ULTRAraces [here](#)... and 'Happy Running' from the **ULTRArace** team.

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